

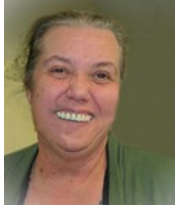


Among Friends August 2021

Friends of HCOA website: www.fhcoa.org
Or find us on Facebook



Sad News



It is with heartfelt sadness that we inform you of the sudden passing of our colleague and dear friend, Sue Donaldson. Sue had been our Nutrition Site Manager for nearly seven years. She loved her job; she loved our participants and she loved helping the staff with home cooked meals and refreshments, often baking homemade goodies for us to serve.

She delighted in sewing for her children and grandchildren. During the COVID-19 pandemic she made countless numbers of protective face masks for adults and children giving them to family and friends and donating them to local hospitals. She cherished her bi-annual vacations to Old Orchard Beach, ME and North Conway, NH. She will be remembered for her delicious baked goods, her charming sense of humor and zest for living each day to its fullest.

We extend sincere sympathy to Sue's family especially her husband Steve; her five Children, her fifteen Grandchildren and two Great Grandchildren. She also leaves her Mother; two Brothers; and two Sisters.

Sue was an exceptional woman whose kindness, generosity and compassion knew no bounds. She brought joy, happiness and love to each and everyone she met ~ we are all better for having known her.

We are heartbroken. God speed, Sue.

CONGREGATE MEALS RETURN

As part of the reopening process, we are bringing back our Nutrition Dining Site. Beginning Monday, August 2nd, we will be offering congregate dining here inside the Senior Center. **We will no longer be offering the Grab and Go lunches we had during the COVID-19 pandemic.** We invite every one to join us for lunch - meet your friends - make new ones all while enjoying a nice hot lunch. If you'd like to join us for lunch, reservations are required and need to be made at least 2 days in advance by calling 508-210-5578 between the hours of 9:00 a.m. and 12:30 p.m. We look forward to seeing you!



COUNCIL ON AGING BOARD MEMBERS

Susan Sullivan - Chairman
Richard Mansfield - Vice Chairman
Wayne Howard
Maureen Locke
Faye Ellis
Nancy Melton
Richard McPhee

Holden Senior Center
1130 Main Street, Holden, MA 01520
508-210-5570

Director: Louise Charbonneau
Secretary: Maureen Buffone
Program Coordinator: Clare Nelson
Transportation Coordinator: Mary Sloan - 508-210-5573
Outreach Worker: Paula Earley
Outreach Worker: Dale Hayden
Drivers: John Bianco, Greg Tivnan,
Katherine LePain, Jackie Latino
Temporary Meal Site Manager: Nancy Melton - 508-210-5578

The mission of the Holden Council on Aging is to assist seniors and their families by providing services and activities that will enable them to stay independent and living in their own homes for as long as possible.

Hours: Monday - Friday 8:00 a.m. - 4:00 p.m.

In Memoriam ...

Russell W. Edmands husband of Ann L. Edmands
Ellen Ann Schwartz wife of Joseph Schwartz (deceased 2020)
James Patch husband of Shirley Patch (deceased 2020)
Carol Dymek wife of Richard Dymek
Patricia Balcom wife of John J. Balcom (deceased 2014)
Norman Mills husband of Jean Mills (deceased 2014)
Carney Clary husband of Sheila Clary
James Demetry husband of Susan Stafford
Suzanne Donaldson wife of Steve Donaldson
David Geoffroy husband of Catherine Geoffroy (deceased 2020)
Dorothy Ann Buskey wife of Corliss Buskey (deceased 2016)



JOIN IN THE FUN OF READING ~ OUR BOOK CLUB WILL MEET ...



... on **Thursday, August 19 at 10:00**. This month's selection is The Grace Kelly Dress by Brenda Janowitz

Two years after Grace Kelly's royal wedding, her iconic dress is still all the rage in Paris - and one replica, and the secrets it carries, will inspire three generations of women to forge their own paths in life and in love.

DIGITAL PHOTOGRAPHY

Do you take pictures with your phone? Would you like to learn how to upscale your pictures to photographs? I'm not sure we can turn them into art as our friend, Ron Rosenstock does but a few simple techniques can improve your picture-taking skills. Please join the Digital Photography group and learn a little bit about the camera in your phone and how to go from a picture to a photograph by following a few easy rules. If you don't have a phone with a camera, these rules apply to all cameras, so please join us. If interested, please call the Senior Center at 508-210-5570.

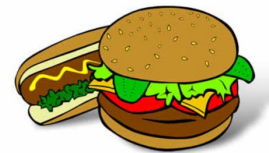


COOKOUT AND A CONCERT



Our Annual Cookout will be held on **Wednesday, August 11 at 12:00 p.m.** This year the cookout will be held out in front of the building. We will have hotdogs, hamburgers, chips, corn on the cob, beverage & dessert. After lunch at 12:30, we will enjoy a concert from the bandstand with the Good Tymes Banjo Band. We hope you will join us for the cookout and the concert. **Reservations for the cookout will be**

required and can be made by calling 508-210-5570. We look forward to seeing you at our favorite summer event!



COLORING FOR ADULTS



Are you interested in coloring. We are hosting an adult coloring session on **Wednesday, August 18 at 1:00 p.m.** All materials are provided, or if you prefer, you are welcome to bring your own. All levels are welcome. Come enjoy our air-conditioned building and bring a friend! Please call 508-210-5570 to register. We want to be sure to have enough space and seating for everyone.

From the Outreach Office

It's wonderful to see your smiling faces once again. We are getting busy here as all activities start up. The Outreach Office would love to see you and assist with information you may need. We provide housing information and applications, SNAP applications, MA Health applications, Help at H.O.M.E. applications, Food Pantry applications and deliveries to those who may not be able to leave their homes. We deliver books and puzzles, as well. We can provide/loan medical equipment and provide referrals to Elder Services of Worcester. We have Files of Life in two sizes, one to magnetize to your refrigerator and one for your purse or wallet. Feel free to call for information or assistance with any of the above mentioned topics and so very much more!



Please call ~ Paula ~ 508-210-5575 or Dale ~ 508-210-5576



2021 Holden Bandstand Concert Series Sundays from 6:00-8:00 p.m. ~ 1130 Main Street

August 1	Rick Barron & the Quavers Rockabilly, Rock & Roll, Country Oldies	Gibbs Realty & Holden Cultural Council
August 8	Beatles for Sale Beatles Tribute Band	John P. Gusha, D.M.D. & McGreevy's Barber Shop
August 15	Rusty Buckets Dance Tunes, Oldies, Soft Rock	Janice Mitchell Real Estate & Holden Cultural Council
August 22	Holdin' Back Band Patriotic, Oldies, Rock & Roll, Sing Alongs	Cornerstone Bank
August 29	Slo Grass Acoustic American Blue Grass	Holden Cultural Council

The Holden Bandstand Committee passes the "bucket" for voluntary contributions for the benefit of the Bandstand.

FREE LEGAL CLINIC

Attorney Arthur Bergeron from the law firm of Mirick O'Connell will offer free 15 minute appointments on **Monday, August 9**. Appointments are required and can be scheduled between 10:30 and 12:15. Make your appointment by calling the Senior Center at 508-210-5570. Your appointment can be in person here at the Center, or over the phone where Mr. Bergeron will call you at the scheduled time.





AUGUST 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
8-4:00 Billiards 9:00 Tai Chi <i>(on the ballfield)</i> 12:00 Congregate Lunch	8-4:00 Billiards 9:00 Chair Yoga 9:30 Knitting 10-11 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Bingo 1:00 Balance Class	8-4:00 Billiards 9:00 Tai Chi <i>(on the ballfield)</i> 9:30 Needlework 10:00 Scrabble 10-11 Farmers' Market <i>Coupons</i> 12:00 Congregate Lunch 1:00 Pitch Party	8-4:00 Billiards 10:30 Low Impact Exercise 12:00 Congregate Lunch	8-4:00 Billiards 8:30– 10:30 Morning Glory Cafe 10:00 Poker 12:00 Congregate Lunch 1:00 Cribbage 1:00 Spring Chicken Fitness
9	10	11	12	13
8-4:00 Billiards 9:00 Tai Chi <i>(on the ballfield)</i> 10:30-12:15 <i>Free Legal Clinic</i> 12:00 Congregate Lunch	8-4:00 Billiards 9:00 Chair Yoga 9:30 Knitting 10-11 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Bingo 1:00 Balance Class	8-4:00 Billiards 9:00 Tai Chi <i>(on the ballfield)</i> 9:30 Needlework 10:00 Scrabble 12:00 Annual Cookout <i>and Banjo Concert by</i> <i>Reservation</i> 1:00 Pitch Party	8-4:00 Billiards 10:30 Low Impact Exercise 12:00 Congregate Lunch	8-4:00 Billiards 8:30– 10:30 Morning Glory Cafe 10:00 Poker 12:00 Congregate Lunch 1:00 Cribbage 1:00 Spring Chicken Fitness
16	17	18	19	20
8-4:00 Billiards 9:00 Tai Chi <i>(on the ballfield)</i> 12:00 Congregate Lunch	8-4:00 Billiards 9:00 Chair Yoga 9:30 Knitting 10-11 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Bingo 1:00 Balance Class	8-4:00 Billiards 9:00 Tai Chi <i>(on the ballfield)</i> 9:30 Needlework 10:00 Scrabble 12:00 Congregate Lunch 1:00 Adult Coloring 1:00 Pitch Party	8-4:00 Billiards 10:00 Book Club 10:30 Low Impact Exercise 11:30 Out to Lunch Bunch 12:00 Congregate Lunch	8-4:00 Billiards 8:30– 10:30 Morning Glory Cafe 10:00 Poker 12:00 Congregate Lunch 1:00 Cribbage 1:00 Spring Chicken Fitness
23	24	25	26	27
8-4:00 Billiards 9:00 Tai Chi <i>(on the ballfield)</i> 12:00 Congregate Lunch	8-4:00 Billiards 9:00 Chair Yoga 9:30 Knitting 10-11 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Bingo 1:00 Balance Class	8-4:00 Billiards 9:00 Tai Chi <i>(on the ballfield)</i> 9:30 Needlework 10:00 Scrabble 12:00 Congregate Lunch 1:00 Pitch Party	8-4:00 Billiards 10:30 Low Impact Exercise 12:00 Congregate Lunch	8-4:00 Billiards 8:30– 10:30 Morning Glory Cafe 10:00 Poker 12:00 Congregate Lunch 1:00 Cribbage 1:00 Spring Chicken Fitness
30	31	ANNUAL COOKOUT		
8-4:00 Billiards 9:00 Tai Chi <i>(on the ballfield)</i> 12:00 Congregate Lunch	8-4:00 Billiards 9:00 Chair Yoga 9:30 Knitting 10-11 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Bingo 1:00 Balance Class			
		WED., AUGUST 11		
		FOOD PANTRY SENIOR DISTRIBUTION		
				
		AUGUST 20		
		ANY ACTIVITY CAN CHANGE WITHOUT NOTICE		

2021 DAY TRIPS



PLEASE NOTE The Memories of Patsy Cline trip is re-scheduled for June 22, 2022 - \$98/PERSON - Lantana's Restaurant - Chicken Cordon Bleu or Vegetable Lasagna.

PLEASE DO NOT send checks. We will call for checks 30 days before the trip.

To **sign-up** for a trip: Please call 508-210-5579 and leave a message leaving your name, phone, which trip your registering for, names of those attending and meal choice if applicable **OR** meet Dianne, Eileen or Dale in the Morning Glory Café on Fridays from 9:00-10:30 or in the Lounge on Tuesdays from Noon-2:00 p.m.

July 27 - Spirit of Boston - Grande Buffet - \$111/person

Aug. 26 - Texas Tenors/Danvers Sport Yacht Club - \$101/pers. - Chicken Parm. or Baked Scrod

Sept. 16 - Narragansett Lighthouse - \$99/person

Oct. 19 - Green Mountain Railroad - **\$99/person** - Turkey or Meatloaf Dinner **Please note change in price**

Dec. 1 - Christmas Lights at Tower Hill/O'Connor's/Late Lunch Buffet - \$74/person

Dec. 15 - Holiday Boston Pops/Keith Lockhart - Venezia Restaurant/Chicken Parm or Baked Haddock
PRICE TO BE DETERMINED

PROOF OF COVID VACCINATION WILL BE REQUIRED FOR EACH TRIP.

Please note that if you 'd like to bring your trip payment in person or to have your proof of vaccination copied, the Trip Coordinators are available on Tuesday afternoons from 12:30-2:30 and at the Morning Glory Café on Friday mornings from 9:00-10:30.

FROM THE FRIENDS OF HCOA ...

Welcome to the great days of August ... It is wonderful to view COVID in the rear view mirror. Getting out and about has been so refreshing to body and spirit. I know we have all been more sensitive and aware to what we may have taken for granted. It has been great to again enjoy gatherings with our families and friends ... speaking of FRIENDS, the MORNING GLORY CAFÉ continues to draw a wonderful crowd each Friday from 8:30-10:30 at the Senior enter. If you haven't had an opportunity to join your friends and neighbors at the CAFÉ, we hop you'll enjoy the homemade pastry and coffee/tea we serve.



Just a reminder, please check out what is going on regularly at the Senior Center via this newsletter, our Facebook page and our FHCOA.ORG webpage. By the way, have you checked to be sure your FRIENDS membership is current?

Our next meeting is scheduled for **September 13th at 10:00 a.m.** at the Senior Center.

OUT TO LUNCH BUNCH



Please join us for lunch on **Thursday, August 19 at 11:30 a.m.** This month we will be dining at The Boynton Restaurant, 117 Highland Street in Worcester. Parking is behind the building. Because we need to let the Boynton know approximately how many of us there will be, please call Dale at 508-210-5576 if you're interested in attending. If she's unavailable, please leave a voicemail with your name, phone and that you'd like to attend the Out to Lunch Bunch luncheon. Please remember to speak slowly, clearly and at an appropriate volume.

A SPECIAL LUNCHEON



The Rutland Senior Center has again asked us to join them for a luncheon at Hartman's Herb Farm, 1026 Old Dana Road, Barre, MA. The ladies in Rutland are planning the lunch for **September 15 at 12:00 p.m.** The menu includes: Appetizers, Main Entrée, Two Side Dishes, Dessert and a Beverage. Cost of the lunch is \$35.00/person which includes lunch, meal tax, gratuity and a special Hartman's gift. If you're interested in attending, please call Dale at 508-210-5576. If she is not able to take your call, please leave a voicemail.

I'M IN THE "DONUT HOLE." WHAT CAN I DO?

If you have reached or are about to reach that gap in your Part D, the Commonwealth's Prescription Advantage program can help. For individuals with an annual income less than \$38,640 (individuals) or \$52,260 (married), Prescription Advantage can lower your co-payments while in this gap. There is no premium for this state-sponsored pharmacy assistance program. Call today for more information at 1-800-243-4636. You can also learn more on-line at www.prescriptionadvantagemma.org.



**FRIENDS OF HCOA
I WOULD LIKE TO:**

Renew My Membership
Become a New Member

Enclosed is my \$5.00 Donation
Please Send My Membership Card To:



Name: _____
Address: _____
Telephone Number: _____
E-mail: _____

AUGUST MENU (Menu subject to change without notice)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) Pork Rib-I-Que	3) Swedish Meatballs	4) Sloppy Joes	5) Chicken Cacciatore	6) Fish w/Crumb Topping
9) Chicken Pot Pie	10) Penne Pasta	11) Potato Crunch Fish	12) Baked Ham	13) Garlic Herbed Chicken
16) Lemon Pepper Fish	17) Baked Beans & Hotdog	18) Stuffed Pepper Casserole	19) Ranch Chicken	20) Braised Beef
23) Chicken Pesto	24) Burger w/Chili Cheese	25) Roast Pork Loin w/Gravy	26) American Chop Suey	27) Jambalaya
30) Shepherd's Pie	31) Greek Chicken			

FARMERS' MARKET COUPONS



We will be distributing farmers market coupons on **Wednesday, August 4 from 10-11 a.m.** to eligible seniors. Qualified recipients must be 60 years of age, bring a current ID with a current address or a current ID and an invoice with a current address and must be income eligible. Number of coupons is limited. Distribution will done on a first come; first served basis.

Distribution of this newsletter is made possible, in part, by a grant from the Massachusetts Executive Office of Elder Affairs and the Friends of HCOA, Inc.

Return Service Requested

Friends of the Holden COA
Holden Senior Center
130 Main Street
Holden, MA 01520

Presorted Standard
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